Sports Performance Training Syllabus
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The purpose of Sports Performance Training is to develop the skills of students looking further into vigorous training. Focus will be on mastery of motor skills, movement, high level of fitness and demonstration of fitness concepts.

**Course Description**

Sports Performance Training is designed to prepare students to compete at high levels through sports specific strength and conditioning practices. Students will be involved in advanced weight lifting exercises, speed training drills, competitive exercises, and cardiovascular endurance training.

**Assessments**

There will be a variety of assessments for Sports Performance Training. This includes baseline measurements, training logs, max weight assessments, timed assessments, peer assessments and final testing for results of training. Measurement tests performed throughout the semester include the 40 yard dash, bench press, vertical jump, broad jump and shuttle run.

**Grading Policy Explanations**

Grading in Sports Performance Training at CCA is based upon quality and quantity of student participation along with mastering California State Standards. Each quarter a student has the opportunity to earn 100 points for participation and an additional 100 points for their weekly training log checks. Students will also test in baseline measurements, mid-term measurements and final measurements. Students who, for any reason, do not meet the above criteria will not earn full credit, but may still earn partial credit for the day. Students are allowed 3 excused non- participation (Dr. Note, Parent Note & Excused Absence) days per quarter that will not affect their grade.

Baseline Measurement Test – 10 points
Participation – 100 points per quarter
Weekly Training Logs – 10 points – 100 points per quarter
Mid Term Measurement Test – 10 points
Final Measurement Test – 10 points
POINT/GRADE BREAKDOWN

<table>
<thead>
<tr>
<th>Grade / Percentage</th>
<th>A+</th>
<th>A-</th>
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<tbody>
<tr>
<td>100-97</td>
<td>96-94</td>
<td>93-90</td>
</tr>
<tr>
<td>B+</td>
<td>89-87</td>
<td>86-84</td>
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<tr>
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<td>79-77</td>
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<tr>
<td>D+</td>
<td>69-67</td>
<td>66-64</td>
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<td>F</td>
<td>59 and Below</td>
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***Make up information can be found on the Physical Education Department website***

GENERAL INFORMATION YOU ARE REQUIRED TO KNOW

PHYSICAL EDUCATION CLOTHES: The required clothing consists of athletic shorts, no pockets and a T-shirt. Sweats are permitted for cold days. Tennis shoes that lace or Velcro and athletic socks are mandatory for safety protocol. The physical education attire must be worn to conform to the school dress code policy. Loaners may be made available on a limited basis. Physical Education uniforms can be purchased through ASB.

RECOMMENDED MATERIALS: Composition notebooks will be needed for weekly training logs.

RAINY DAYS: Be prepared to dress in Physical Education clothes and meet as directed by your teacher.
LOCKER ROOM: After students are dressed out the locker room will be closed. All personal belongings must be locked in your locker! The school staff is not responsible for lost or stolen items.

EQUIPMENT: You will be assigned a locker and issued a lock for your private use. Lost locks can be paid for at the finance office for. Upon payment for a lost lock, your teacher will issue you a new lock. You are NOT allowed to share lockers.

MEDICAL EXCUSES: A physician’s note is to be shared with your teacher and the nurse at the onset of a medical problem lasting longer than three class sessions. The Physical Education teacher will attempt to modify the student’s program to meet the guidelines of the physician. If the injury/illness extends past 12 class sessions during the quarter and no modifications can be made, the student is advised to drop the class and take it again at a later time.

I have read the above information and agree to adhere to the expectations and policies of “Sports Performance Training.”

Student Name (Print) _________________________ Period_____________________
Student Signature____________________________ Date_______________________
Parent Signature_____________________Parent Phone Number_______________